

### Abstract of the Disclosure

A head-mounted optical direct visualization system has at least one optical deflecting device (120) with an optical end element (128) for deflecting a virtual image generated by an image source (230) onto the optical end element (128). The virtual image is emitted through the optical end element into the field of view in front of the eyes of the user. The optical deflecting device (120) is attached to the head of the user with the aid of a frame (130). The task of the invention is to configure such a conventional direct visualization system so as to be better adaptable to the requirements of the anatomical and optical features of the user and the application-specific viewing requirements. This task is solved with an adjusting device (140), which is fixed to the frame (130), for variably changing the position of at least the optical end element (128) essentially in a plane parallel to the field of view of the user.